



News from the Nest

April 8th - April 12th, 2024 – Parent Edition



ABBOTSFORD
SCHOOL DISTRICT

Spotlight on Learning:

How does the presence of disease disrupt the body's natural homeostatic mechanisms?

Presented by: Mr. Joel McCall

Course: Anatomy & Physiology 12

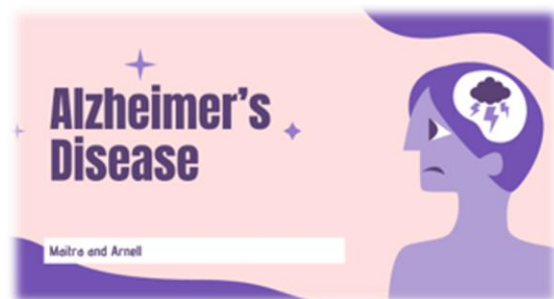
In this inquiry project students had the opportunity to apply and extend their understanding and knowledge of cellular processes, organ systems, and homeostasis; two of the three 'big ideas' of the course.



Provided with guidelines for their research, students select a disease to investigate; specifically, a disease that affects cellular processes, organ systems, and homeostasis. Throughout their research students generate questions, predictions, and answers about the disease. They will analyze and evaluate published scientific works to support their answers, and they will make connections and applications to their learning in the course. By utilizing their prior and current understanding of

human systems, students will discover and apply specifically how disease interferes and hinders the body's natural homeostatic mechanisms.

TEACHER REFLECTION: *This project was successful at getting students to connect, engage, and deepen their learning with the 'big ideas' or the course. Throughout the course, we learn about homeostasis, cellular processes, and all the body's major organs and systems. We identify the importance of these life sustaining processes, and we investigate specifically how our body's systems carry them out. The project then helps students identify and correlate what happens when these life sustaining processes are interfered with by disease. They can identify and explain where, how, and why the body is affected.*



STUDENT REFLECTION: *"I had heard of many of these diseases before, but now I could actually see why they make us sick. We could use our understanding of the body's systems and processes; we could see just exactly why and where things go wrong."*

DELFL Exams for FI Students

French Immersion students who will be completing the DELFL exams will write on April 15-17th.

Please access the link for the schedule. [DELFL SCHEDULE.xlsx](#)

LITERACY AND NUMERACY ASSESSMENTS

Literacy and Numeracy Assessment Week

April 15 – 19, 2024				
Mon. April 15 AM Lit 12 Block A - Coan Block B - Coan	Tues. April 16 AM Lit 12 Block C - Taylor Block D - Monds	Wed. April 17 AM Num 10 Block B – Dyck Block D – Sidhu Block C - Barnett	Thurs. April 18 AM Lit 10 Block B – Drummond Block D – Coan Block C - Mennear	Fri. April 19 AM Lit 10 Block A - Monds Block C - Chowdhry
Mon. April 15 PM Lit 12 Block A - Taylor Block A - Turner	Tues. April 16 PM Num 10 Block A - Dyck Block B – Jaswal Block A - Sharma	Wed. April 17 PM Num 10 Block C – Sidhu Block D – Homoncik Block D - Barnett	Thurs. April 18 PM Lit 10 Block B – Taylor Block A – Mennear	Fri. April 19 PM ***Reserved time for students who missed their write.



Congratulations Pitika Gaba on your graduation from the Abbotsford Junior Police Academy and receiving the Chief Constable award. Well, done!



The Junior Police Academy is open to all grade 11 and 12 students. Next year's application will be available November 1st, 2024. See Mr. Skelton in the Career Office.

Your WJ Mouat Admin Team

Character Word of the Week

TEAMWORK is working collaboratively and cooperatively to attain a shared goal.

How it can look when put into action:

- Participating in class and school activities.
- Challenging yourself.
- Supporting and encouraging others.
- Considering how to accommodate the needs of others.
- Providing leadership.
- Being willing to follow.
- Taking turns.



Self-Care Mondays

Monday, April 8, 2024

This week's self-care tip is about: [Meditation and Finding your Happy Place.](#)

Thinking about and visualizing a place where you feel happy and safe can have tremendous benefits to your health. It can be an imagined or real place. Doing this can help you to reduce stress and can help improve your performance. So, before that next job interview, sports game or exam, think about your happy place and focus on all the details such as sounds/smells/people/sensations that make it happy. You'll feel an immediate calmness. Give it a try!

Information:

<https://www.psychologytoday.com/intl/blog/presence-mind/202209/your-happy-place>

<https://www.youtube.com/watch?v=Aw71zanwMnY>

Happy Place Meditation link:

<https://www.youtube.com/watch?v=WIhneFCTD6o>



COMING UP NEXT WEEK
 April 8th – April 12th
 APRIL is SIKH HERITAGE MONTH

Monday, April 8th

- ABCD

Tuesday, April 9th

- CDBA
- SBT Meeting 2:45

Wednesday, April 10th

- BADC
- Girls' Rugby vs Abby at 3:30 pm
- Jr Boys Rugby 3:30 pm at Abby Sr.
- Sr Boys Rugby 3:30 pm at Yale

Thursday, April 11th

- DCAB
- Grad Movie Night @ Cineplex @ 8:00 pm

Friday, April 12th

- DCAB
- Tutorial
- Q3 Report Cards Due @ 3:00 pm



Support PAC

Return-It EXPRESS

Drop-off your empties to any Return-It Express location.
 No sorting or line-ups!

Account Number:
 956-682-8722
 WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot:
 Unit 23, 31550 South Fraser Way

COBS BREAD

Shop at Cobs on either Gladwin Road or Mt. Lehman Road

Mention you're Raising Dough for WJ Mouat.

5% of your purchase will be donated back to Mouat PAC!

Cobs Bread Locations:
 Unit 111, 2777 Gladwin Road, or
 H175-3122 Mt. Lehman Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffedies
- Linens

and clean condition

CLOTHES SHOES
 CLOTHES SHOES